

## Ballnastics

Ballnastics are a series of body and ball developmental exercises. The underlying principle is to create a wide range of movement experiences which include strength building, coordination, social as well as competitive/cooperative exercises. These can be conducted individually, in pairs, or in small groups. They may also be included as part of training session or at home on the child's own time.

Ballnastic activities are appropriate for all age groups as long as the challenges are within the capability of the players to successfully perform them. Younger players will need to do some of these for the development of hand-eye, foot-eye coordination and overall body control. Older players will need to do these for the development of strength, local muscle endurance, and foot speed.

These exercises should be presented in a fun challenging fashion. Younger children will fall and giggle. Do not interpret this as lack of interest. The rest period between each set of exercises should be at least as long as it took to perform the exercise or a 1:1 ratio, or more preferably a 1:2 activity to rest ration, or even a 3:1 ratio.



move the ball forward, backward, sideways? The task can either be for time or a fixed distance.

### 2. Rolling and Stretching.

a) Standing with your legs apart, can you roll the ball with your hands through your legs in a figure eight fashion?

b) Place one leg forward, the other behind you. Can you roll the ball with your hands around your front foot? Switch feet.

c) Sitting down, legs together and straight. Can you, without letting go and with both hands on the ball, roll the ball to your toes? Can you go past your toes? Don't drop the ball.

d) Sitting with legs straight, but apart in a "V" shape. Can you roll the ball along the outside of your leg, around your foot, over to the other foot, and behind the back? Can you do this five times? Reverse direction.

## Activity Organization:

### 1. Stationary ball

Touch the ball with the sole of the foot alternating feet as fast as you can. Younger players (5,6,7 year olds) will have difficulty with the coordination of the right and left feet. They will need more time. Older players (8 and older) will have a body rhythm and will be able to be challenged to develop faster foot movement.

a) How many touches in 20 seconds? In 30 seconds? Then ask, can you improve on your last try?

b) Using only the sole of the foot, can you

### Related Activities

- Ball Retrieve
- Body Part Dribble
- I Can do Something, Can You?